



## **Physical Ability Test Overview**

**This document is intended to explain the physical ability test you will be taking for the position of EMS Recruit. The test consists of 7 tasks that simulate job-related activities. You must successfully complete all 7 tasks as described within the required time limits. Failure to complete any task or failure to complete any task within the required time limit will disqualify you from further testing.**

### **Task -1 The Equipment Carry**

**This task simulates carrying equipment while negotiating obstacles that may be encountered at emergency scenes.**

*You will be required to carry a bundle of hose weighing approximately 80 lbs over your shoulder, and walk zigzag style up and back through 100' of cones spaced 5' apart. Upon returning to the start line, you are to drop the bundle of hose in the designated area. You must complete this task without stopping or dropping the hose. You have to complete this task to move onto the next station.*

**The time limit for this task is 1 minute & 10 seconds (1:10)**

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### **Task -2 The Vehicle Rescue**

**This task simulates the extrication of an auto accident victim.**

*You will be required to enter the front passenger compartment of a standard size automobile through an open window without the aid of rescue tools. This is a pass or fail station. You must complete this task to continue onto the next station.*

**This is a pass or fail station**

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**\*\*\* Tasks 3-8 are to be completed consecutively in sequential order. Your time will start once you begin task 3, and will not stop until you have completed task 8. There will be no delay, or breaks between each one of these tasks. \*\*\***

### **Task -3 Ambulance Access And Exit**

**This task simulates the entry and exit from an ambulance cab under emergency conditions.**

*You will be required to enter the ambulance cab, position yourself in the drivers seat and secure the safety belt. From this position, you must depress the gas and brake pedals, reach for and touch the radio, and emergency equip (lights, siren, etc.) and then exit the cab.*

**You will then proceed WITHOUT DELAY to Task -4 Equipment Retrieval**

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### **Task -4 Equipment Retrieval**

**This task simulates the removal of emergency medical equipment and supplies from the ambulance under emergency conditions.**

*You will be required to open the patient compartment doors at the rear of the ambulance and remove a wheeled stretcher, a long backboard and two medical bags. You will take this equipment inside the fire tower and position it in front of the stairwell entrance.*

**Upon arrival at the entrance to the fire tower stairwell, you will begin Task -5 The Stairwell Carry.**

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### **Task -5 The Stairwell Carry**

**This task simulates getting medical equipment and supplies to the scene of an emergency situation.**

*You will be required to carry the two medical bags weighing approximately 33 lbs. up to the third floor of the fire tower.*

**When you reach the third floor, you will set the medical bags down and begin Task -6 Patient Packaging.**

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### **Task -6 Patient Packaging**

**This task simulates the removal of a victim from an emergency scene.**

*You will be required to pick up a bundle of hose weighing approximately 60lbs, place it over your shoulder, which simulates a fireman's carry, and then proceed down the stairwell to ground level. **You will then place the hose bundle on the empty wheeled stretcher and begin Task 7- Patient Placement.***

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### **Task -7 Patient Placement**

**This task simulates placing a stretchered patient into an ambulance.**

*You will be required to move the wheeled stretcher containing the 60 lb hose bundle from Task 6, to the rear of the parked ambulance. While standing at the rear of the wheeled stretcher, you must correctly place the stretcher into the patient compartment. An assistant will be allowed to lift the stretcher's wheel carriage so you can push the stretcher into the locking mechanism and close the rear ambulance door.*

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### **Task – 8 Equipment Retrieval**

**This task simulates retrieving equipment and**

*You will be required to return to the fire tower and retrieve the two medical bags. These two medical bags must be returned to the ambulance and place into the patient compartment. Once the two medical bags touch the floor of the patient compartment of the ambulance, timing will stop.*

**The time limit for Task 3 through Task 8 is 5 min & 30 seconds (5:30)**

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**This concludes the physical ability test for the EMS Recruit. Remember failure to complete any one of the seven tasks as demonstrated, or failure to complete any of the tasks within the prescribed time limits will disqualify you from further testing.**